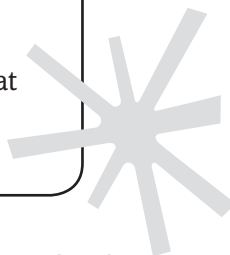


Growing Healthy Families

BARRE DISTRICT OFFICE • Vermont Department of Health, WIC Program
5 Perry Street, Suite 250, Barre, VT 05641 • 1-802-479-4200 or 1-888-253-8786

Call 479-7442 for more information or to sign up
(or sign up at your next WIC appointment).

All activities, except the grocery store tours, will be held at
the Vermont Department of Health, WIC Office
McFarland Office Building, 2nd floor, Barre



Couponing basics

Friday, December 9
2:00–3:00 p.m.

Would you like to be more coupon savvy? Come and learn how. We will discuss how to get started, how to organize your shopping trip, and much more. Those who attend will receive a free, reusable shopping bag.

Crock-Pot cooking

Wednesday, January 11
1:00–2:00 p.m.

Are you looking for ways to make easy, nutritious meals for your family? There are many ways to use a Crock-Pot or prepare one-pot meals which can be cost-effective and delicious. Many recipes for one-pot meals are kid-friendly and something your family can enjoy. A sample recipe will be provided.

All activities are FREE
of charge!

Ways to use your WIC foods

Last day of each month
2:00–3:00 p.m.

Apple Cinnamon Wrap & Roll
Tuesday, January 31

Berries & Rice Parfait
Tuesday, February 28

We will demonstrate creative and fun ways to use your WIC foods and provide recipes that your whole family can enjoy.

Making your own baby food

Wednesday, February 8
10:00–11:00 a.m.

Making your own baby food is easy. Many of the foods your family eats can be used. Most foods can be cooked and pureed for young babies, and mashed or chopped when your baby is ready for more texture. Those who attend will receive a free food mill.



Grocery store tours

Price Chopper, Barre
Hannaford, South Barre
Shaws; Berlin, Montpelier, Waitsfield, and Waterbury

Do you need help making the most of your WIC benefits each month? If so, schedule an appointment for a grocery store tour with a nutritionist and we will help you through the aisles using the *WIC Program & Food Guide*.

We will help you find all of your favorite WIC eligible foods and share tips on how to maximize your monthly benefit.

To schedule a tour, call 479-7442 or 479-8564.